

chocolate raspberry brownie bites

Ingredients

- 1 Tbsp of butter
- 2 oz of bittersweet chocolate, chopped
- 1/3 cup of unsweetened applesauce
- 1/2 cup of no sugar-added raspberry jam
- 1/2 cup of dark packed brown sugar
- 1/2 tsp of baking powder
- 1 egg
- 1 egg white
- 1 Tsp of vanilla extract
- 3/4 cup of all-purpose flour, whole wheat
- 24 walnut halves



1. Preheat oven to 350F.
2. In a glass bowl, melt butter and chocolate in the microwave, stirring once, until melted and smooth, about one minute.
3. Add applesauce, jam and sugar until well-blended.
4. Lightly beat egg and egg white, and add the vanilla. Add to batter.
5. Add the flour slowly, making sure there are no lumps.
6. Using light cooking spray, grease the mini muffin pan. Alternately, line the pan with mini muffin cups.
7. Spoon the batter into each cup, filling 3/4 full. Top each with a walnut half.
8. Bake at 350F for 10- 12 minutes, or until toothpick inserted comes clean.
9. Allow to cool for 5 minutes in the pan, then transfer to rack and cool completely.
10. Repeat with remaining batter.

Makes 24 servings. Per Serving*:

83 calories

3.5 grams of Fat

14 grams of Carbs

0.6 grams of Fibre

2.3 grams of Protein

Nutritional information provided by <http://recipes.sparkpeople.com/recipe-calculator.asp>